

# Summer Fun



## with 4-H

June/July/August 2007



### **Chesterfield Cooperative Extension**

PO Box 146  
6807 Mimms Loop  
Chesterfield, VA 23832  
(804) 751-4401

#### **Office Hours:**

8:00 a.m.-5:00 p.m. Mon.-Fri.

### **Chesterfield 4-H Staff:**

**Kathryn Carlisle,**  
4-H Agent

**Yashica Harris,**  
4-H Program Assistant

**Cathy Clement,**  
SCNEP Program Assistant

**Donna Winfree,**  
Administrative Assistant



## Allow Us To Introduce....

### ***Our new 4-H Staff!***

#### **Kathryn Carlisle**

Hello everyone! My name is Kathryn Carlisle and I am proud to introduce myself as your new 4-H Agent! I have been involved in 4-H for the majority of my life, and it was only natural to continue my career in 4-H. I enjoy spending time at the barn, showing all sorts of livestock, but especially my horse. I feel that 4-H has been a strong influence on making me who I am today, and I am excited to have this chance to pass the opportunities available through 4-H on to youth here in Chesterfield! I earned my Bachelors of Science (2004) in Animal and Poultry Science, and Masters in Education (2006), majoring in Agriculture and Extension Education, both at Virginia Tech. There is nothing more important than the betterment of our youth, and developing strong, positive individuals. Lets work together to achieve this! I am very much looking forward to meeting everyone here in Chesterfield and getting to work with you!



#### **Yashica Harris**

Hello to All! My name is Yashica P. Harris, and I would like to introduce myself as the new 4-H Program Technician for Chesterfield County Cooperative Extension. I have worked with youth for a number of years in a daycare environment and in recreational settings with the U.S. Army's Child and Youth Services Division. I have a passion for teaching children and assisting them in becoming the best that they can possibly be; in the words of 4-H to "make the best better!" I have earned an Associates of Science Degree in Early Childhood Development in 2006 from John Tyler Community College here in Chester, VA. I am currently pursuing my Bachelors Degree in Early Childhood Education from Virginia State University in Petersburg, Virginia. I look forward to working with you!





## Help Write Our Newsletter!

Club updates, meeting times, special events; if it's going on, you can help us get it in our newsletter! Submit your article and any pictures as a Word attachment to Kathryn [kacarlis@vt.edu](mailto:kacarlis@vt.edu). This is a great idea for club historians, and a good way to increase enrollment!



## Veterinary Science Clinics

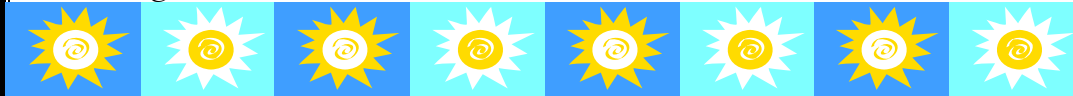
(Various Ages)

Cost: \$15.00

Learn about animal health, safety, veterinary medicine. Also learn about common animal diseases, as well as how to diagnose and treat them. A series of two to three sessions will be held at local veterinary hospitals. Please fill out and send in an interest form to receive more information and registration.

## Chesterfield County Fair

There are special opportunities for 4-H members at the Chesterfield County Fair! Enter your favorite crafts, baked goods or plants in the 4-H Youth section of the Chesterfield County Fair. Entries must be brought to the fairgrounds on Thursday, August 23 between 3:00 – 8:00 p.m. See the fair catalog for complete list of categories.



## Share the Fun and Fashion Review

Show your hidden talent or and strut your stuff on the runway! Enter the 4-H Share-the-Fun Talent Show and Fashion Review to be held Wednesday, August 29. Open to all 4-H members 9-19 years of age. Use the entry form in this newsletter. For information, contact Kathryn at the Cooperative Extension office or visit [www.chesterfieldcountyfair.org](http://www.chesterfieldcountyfair.org).

## Day Camps

More information on Day Camps to follow... keep an eye out for mailings!



## Intermediate Congress

Not going to camp? Think about Intermediate Congress at Virginia State University! For 4-H'ers 12-13 years old, July 25-27. Contact Kathryn for more info and registration.

**Hurry, only 3 spots available!**



## Cloverbud Camps

There is one Cloverbud Camp left to attend at Jamestown 4-H Educational Center. Hurry and reserve your spot, registration deadline is July 6<sup>th</sup>!

Contact the office for registration forms and brochures.

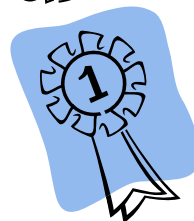
**Cloverbud Camp: Outdoor Fun - July 13-15**

For more information on what's going on at Jamestown 4-H Educational Center visit <http://www.ext.vt.edu/resources/4h/jamestown/index.html>

# Congratulations to Our



# County Contest Winners!



Sarah Balenger - **Horse Science**



David Thompson - **Foods, Nutrition, and Health**



Erika Bradshaw - **Public Speaking**

## Take Time for a Healthy Snack!

### Granola Berry Boat

This combo of sweet berries, crunchy granola, creamy yogurt and a rice cake makes for one terrific snack. It's also a great breakfast in a rush.

*Servings: 2*

*Preparation Time: 5 min*

*Cooking Time: 0 min*

*Level of Difficulty: Easy*

#### Ingredients

1/4 cup light vanilla yogurt

2 multigrain rice cake

1/4 cup blueberries

1/4 cups raspberries

1 Tbsp low-fat granola



#### Instructions

Spread 2 tablespoons of yogurt over each Multigrain Cake, spreading almost to the edges.

Top each with 2 tablespoons of blueberries and raspberries and sprinkle with 1/2 tablespoon of granola.

Yields 1 topped cake per serving.

Final Thoughts from  
Kathryn...

*I just wanted to say, again, how excited I am to be your new 4-H Agent here in Chesterfield! Being new to the community, I am depending on you, current community members, to help me learn more about you and your area. I am eager to begin receiving your support, and thanks to those who already have given me so much! Please feel free to come by the office and meet Yashica and me at any time. We look forward to chatting!*

*Clovers all over!*

*Kathryn Carlisle*

Kathryn Carlisle, 4-H Agent



**Return to: Chesterfield 4-H Summer Activities, P. O. Box 146  
Chesterfield, Virginia 23832**

---

Print Name \_\_\_\_\_

Print Address & Zip \_\_\_\_\_

---

Please send applications for:

|                            |       |
|----------------------------|-------|
| Teen Camps                 | _____ |
| 4-H Day Camp (9-11)        | _____ |
| Veterinary Science Clinics | _____ |
| 4-H Intermediate Congress  | _____ |

I would like to participate in the following 4-H contests:

|                   |                      |
|-------------------|----------------------|
| _____ Talent Show | _____ Fashion Review |
|-------------------|----------------------|

My ages as of September 30, 2007 \_\_\_\_\_ Daytime Phone: \_\_\_\_\_



Kathryn Carlisle, Extension Agent  
4-H Youth Development

# June 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          | 1      | 2        |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |

Cloverbud Camp: Celebrating the Power of a Smile

Jamestown 4-H Center  
June 15-17

State 4-H Congress at Virginia Tech - Blacksburg June 18-21

# July 2007

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1      | 2      | 3       | 4         | 5        | 6      | 7        |
| 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 29     | 30     | 31      |           |          |        |          |

Cloverbud Camp: Outdoor Fun -

Jamestown 4-H Center  
July 13-15

4-H Camp: Shooting for the Stars - Jamestown 4-H Center July 23-27

Intermediate Congress - Virginia State  
University July 25-27

SE District Summer Horse Camp - Airfield 4-H Center July 22-28

Southern Regionals

# August 2007

| Sunday   | Monday | Tuesday  | Wednesday                   | Thursday | Friday                   | Saturday |
|--|--------|--|-----------------------------|----------|--------------------------|----------|
|  |        |  | 1                           | 2        | 3                        | 4        |
|  |        | Southern Regional Horse Championships – The Showplace Arena, Memphis, TN |                             |          |                          |          |
| 5  | 6      | 7  | 8                           | 9        | 10                       | 11       |
| Regionals July 31-Aug 5  |        |  |                             |          |                          |          |
| 12   | 13     | 14   | 15                          | 16       | 17                       | 18       |
| 19   | 20     | 21   | 22                          | 23       | 24                       | 25       |
|  |        | Art Projects Due to Office for Fair                                      |                             |          | Chesterfield County Fair |          |
| 26   | 27     | 28   | 29                          | 30       | 31                       |          |
| Chesterfield County Fair – Chesterfield County Fairgrounds Aug 25-Sept 1 |        |  |                             |          |                          |          |
|  |        |  | Share the Fun/Fashion Revue |          |                          |          |